

DAY 5~~~REGULAR DIET

\*REGULAR PORTIONS

( )

SMALL PORTIONS

( )

LARGE PORTIONS

( )

FRUITS AND JUICES

( ) \*Grape Juice

( ) Orange Juice

( ) Tomato Juice

( ) Cranberry Juice

( ) Apple Juice

( ) Pineapple Juice

( ) Apricot Nectar

( ) Prune Juice

( ) Cranapple Juice

( ) V-8 Juice

CEREALS

( ) \*Oatmeal

( ) Corn Flakes

( ) Bran Flakes

( ) Shredded Wheat Minis

( ) Cheerios

( ) Wheaties

( ) Cream of Wheat

( ) Malt-O-Meal

( ) ½ & ½

( ) Frosted Flakes

ENTREES

( ) \*Scrambled Eggs

( ) \*Crisp Bacon

( ) Egg Beaters

( ) Cottage Cheese

( ) Peanut Butter

( ) Yogurt W/Fruit

BREAKFAST BREADS

( ) \*Buttered White Toast

( ) Buttered Whole Wheat Toast

( ) Buttered Raisin Toast

( ) Toasted Bagel with Cream Cheese

( ) Toasted English Muffin

( ) Assorted Danish

BEVERAGES/CONDIMENTS

( ) \*Coffee

( ) Hot Chocolate

( ) Decaf Coffee

( ) Creamer

( ) Hot Tea

( ) Non-Dairy Creamer

( ) Herbal Tea

( ) Lemon

( ) Whole Milk

( ) \*Margarine

( ) \*2% Milk

( ) Jelly

( ) Skim Milk

( ) Honey

( ) \*Sugar (2)

( ) Syrup

( ) Mrs. Dash

( ) Sugar Substitute

( ) \*Pepper

( ) \*Salt

DAY 5~~~REGULAR DIET

\*REGULAR PORTIONS

( )

SMALL PORTIONS

( )

LARGE PORTIONS

( )

APPETIZER/SALAD

( ) \*Jellied Cranberry Sauce

( ) Tossed Salad

( ) Ranch Dressing

( ) French

( ) Thousand Island

( ) Italian Dressing

( ) Garden Vegetable Vegetarian Soup with Oyster Crackers

ENTREES / STARCH

( ) \*Roast Turkey

( ) Hot Turkey Sandwich

( ) Ham Sandwich W/Lettuce & Tomato

VEGETABLE / STARCH

( ) \*Bread Dressing W/Brown Gravy

( ) \*French Style Green Beans

( ) Normandy Blend

BREADS

( ) \*White Dinner Roll

( ) Whole Wheat Dinner Roll

( ) Wheat Bread

DESSERTS

( ) \*Pumpkin Pie W/Whipped Topping

( ) Vanilla Ice Cream cup

( ) Cream D’ Menthe Sherbet

BEVERAGES / CONDIMENTS

( ) Coffee

( ) Decaf Coffee

( ) Hot Chocolate

( ) Ice Tea

( ) \*Hot Tea

( ) Creamer

( ) Herbal Tea

( ) Non-Dairy Creamer

( ) Whole Milk

( ) Lemon

( ) \*2% Milk

( ) \*Margarine

( ) Skim Milk

( ) Jelly

( ) \*Sugar (2)

( ) Honey

( ) Mrs. Dash

( ) Sugar Substitute

( ) \*Pepper

( ) \*Salt

DAY 5~~~REGULAR DIET

\*REGULAR PORTIONS

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SMALL PORTIONS

( )

LARGE PORTIONS

( )

APPETIZER /SALAD

( ) \*Chicken Noodle Soup with Oyster Crackers

( ) Tossed Salad

( ) Ranch Dressing

( ) French

( ) Thousand Island

( ) Italian Dressing

ENTREES / STARCH

( ) \*Fruit Plate with Cottage Cheese on Lettuce, Peach half, one Pineapple ring, and Pear Half, and Tuna Salad Sandwich.

( ) Swedish Meat Balls over Noodles

VEGETABLE

( ) \*Sicilian Blend

( ) Broccoli Spears

BREADS

( ) White Dinner Roll

( ) Whole Wheat Dinner Roll

( ) Wheat Bread

DESSERTS

( ) \*Carrot Cake

( ) Vanilla Ice Cream Cup

( ) Raspberry Sherbet

BEVERAGES / CONDIMENTS

( ) Coffee

( ) Decaf Coffee

( ) Hot Chocolate

( ) Ice Tea

( ) \*Hot Tea

( ) Creamer

( ) Herbal Tea

( ) Non-Dairy Creamer

( ) Whole Milk

( ) Lemon

( ) \*2% Milk

( ) \*Margarine

( ) Skim Milk

( ) Jelly

( ) \*Sugar (2)

( ) Honey

( ) Mrs. Dash

( ) Sugar Substitute

( ) \*Pepper

( ) \*Salt